

# DRUG-FOOD INTERACTIONS

**Lasix**

**Furosemide**

**Hydrochlorothiazide**

**Digoxin**

**Lanoxin**

These drugs need a diet high in potassium. See the below foods for suggestions.

- Lasix, Furosemide, Hydrochlorothiazide (HCTZ): In addition to foods high in potassium, eat foods high in magnesium and calcium (dairy products, whole grain breads and cereals).
- Digoxin, Lanoxin: In addition to eating foods high in potassium, take two hours before antacids or magnesium supplements for best absorption. Avoid natural licorice.

## Foods Highest in Potassium:

- A. Potatoes, White or Sweet, *1 whole or 1 cup mashed* (700 – 1080 mg)
  - French Fries, Fast Food, *1 large* (930 mg)
- B. Tomato Sauce, Marinara, *1 cup* (800 mg)
- C. Beans (all except green beans), *½ cup*
  - Baked, Black, Kidney, Navy, Peas, Pinto (355-375 mg)
  - Refried Beans, or Soybean (425 – 485 mg)
  - White, Canned (595 mg)
- D. Fruit, *½ cup*
  - Banana, *1 whole* (422 mg)
  - Dates, Raisins (540-585 mg)
  - Plums, Dried or Stewed (400 mg)
  - Papayas, Plantains, Prune Juice (390-450 mg)
- E. Vegetables, *½ cup*
  - Beet Greens, Cooked (650 mg)
  - Spinach, Cooked, Drained (400 mg)
- F. Milk
  - Canned, Evaporated or Condensed, Sweetened, *½ cup* (425- 565 mg)
  - Fresh, White or Chocolate, *1 cup* (350 - 420 mg)
  - Yogurt, *1 cup* (530-580 mg)
- G. Snack Mix, Trail Mix with Chocolate Chips and Nuts or Tropical Fruit, *½ cup* (475 – 450mg)



## Foods Moderate in Potassium:

- A. Vegetables
  - Broccoli, Carrots, Corn, *½ cup cooked* (140 – 200 mg)
  - Brussels Sprouts, *½ cup cooked* (250 mg)
  - Greens, Turnip or Collard, *½ cup cooked* (110 – 185 mg)
  - Tomatoes, Fresh, *1 whole* (300 mg), *½ cup diced* (225 mg)
- B. Fruit
  - Orange, *1 whole or ½ cup juice* (237 mg)
  - Strawberry, *1 cup* (254 mg)
  - Pear, *1 whole* (200 mg)



## Foods low in potassium:

- A. Vegetables
  - Peas, *½ cup cooked* (85 mg)
  - Tomato, *1 tablespoon diced* (28 mg)
- B. Fruit
  - Raisins, *1 tablespoon* (33 mg)
  - Apple, *1 whole* (75 mg)
  - Pear Halves, Canned, *1 cup* (100 mg)
  - Grapes, *10 ea* (100 mg)





## **DRUG-FOOD INTERACTIONS**

If you are taking one of the medicines listed, you may need to make some changes in your diet. On the reverse side of this paper, are two more drug types and guidance.

### **DIURETICS:**

**Aldactone, Spironolactone, Maxzide,  
Triamterene, Hydrochlorothiazide,  
Birth Control: Yaz, Yazmin**

1. Do not take potassium supplements or use salt-substitutes that contain potassium.
2. Avoid natural licorice, which is usually found in candy labeled as 'natural' licorice.
3. Take the medicine with milk or with meals to reduce upset stomach and to increase the absorption of the drug.



4. Take the diuretics in the morning to avoid having to wake during the night to urinate.

### **ANTIMANICS:**

**Lithium, Lithonate, Lithane, Eskalith**

1. Do not make major changes in your daily consumption of salt or sodium without speaking with your doctor first.



2. Drink 8-10 cups of fluid each day.
3. Avoid alcohol.
4. Limit caffeine to 1-2 servings per day.

### **BRONCHODILATORS:**

**Theophylline, Elixophyllin, Slo-Bid,  
Slo-Phyllin**

1. Take the slow release type medicine at the same time each day.
2. Avoid drastic changes in caffeine intake.



3. Avoid excessive caffeine intake.
4. Caffeine content of drinks in mg:
  - Coffee, drip brew, 8 oz (175 mg)
  - Starbucks frappuccino, 8 oz (82 mg)
  - Jolt soda, 12 oz (72 mg)
  - Iced tea, 12 oz (50 mg)
  - Pepsi, 12 oz (38 mg)
5. Keep your diet steady in protein and carbohydrate. Protein is found mostly in animal meats, fish, milk and yogurt. Carbohydrate is found in fruits, vegetables, all grains/breads/cereals and sweets.

### **ANTIBIOTICS:**

**Tetracycline, Tequin, Levaquin, Cipro,  
Levofloxacin, Sumycin, Achromycin,  
Gatifloxacin**

1. Take the medicine on an empty stomach 1 hour before you eat, or 3 hours after eating.
2. Take any multi-vitamins or antacids 3 hours before taking the drug, or 1 hour after.